

**WEEK 3****Summer Menu 2019**

Option	Monday 'Meat Free'	Tuesday	Wednesday 'Roast Day'	Thursday	Friday
<b>Main</b>	<b>NEW</b> Pizza Style Cheddar Whirls	<b>NEW</b> Turkey Bolognaise	Roast Chicken, Sage and Onion Stuffing, Yorkshire Pudding and Gravy	Omega 3 Rich Young's Fish Fingers 	<b>NEW</b> Pork and Apple Burger served in a roll
<b>Vegetarian</b>	<b>NEW</b> Linda McCartney Veggie Sausage Roll	<b>NEW</b> Five Bean Chilli	Roast Quorn Fillet with Sage and Onion Topping	Quorn Dippers	Omelette
<b>Lighter Option</b>	Jacket Potato served with Cheese	Tuna Wrap 	<b>NEW</b> Roast Chicken Baguette	Ham Roll	Jacket Potato served with Beans
<b>All with a choice of Sides</b>	Herby Diced Potatoes and Sweetcorn	Spaghetti & Garlic Bread	Roast Potatoes, Carrots and Peas	Creamy Mashed Potatoes, Broccoli or Baked Beans	Crispy Chips & Peas 
<b>Salad Bar</b>	Available	Available	Not available	Not Available	Available
<b>Dessert</b>	<b>NEW</b> Shortbread Bite with a Yoghurt Dip	Arctic Roll with Summer Fruit Coulis	Jelly & Fruit	<b>NEW</b> Apple and Banana Cake	<b>NEW</b> Chocolate Berry Cookie

Week 1: 2/9, 23/9, 14/10 Week 2: 9/9, 30/9, 21/10 Week 3: 16/9, 7/10

Also available Daily: Fresh Fruit, Yoghurts, Fresh Milk, Water and Homemade Bread

Using Local Suppliers- Humphreys Butchers & Maldon Fruit and Vegetables.